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## CONNECTING WITH YOUR GUIDANCE

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*Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out [www.maloriesadventures.com](http://www.maloriesadventures.com) for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.*

There's never a bad time to seek answers from our guidance—it's an integral part of human perception. We are constantly receiving help from our higher selves in various ways, and there's no right or wrong way to perceive it. It's so consistent and integral to our lives that we likely don't realize the connection is unwavering.

Various methods and rituals to tune in have always existed. Some see—or seek to see—spirit guides. Others may use oracles to attain insights. Some just suddenly “know” things via “gut instinct” or “intuition.” But one thing is certain—our guidance never leaves us. We just need to learn how to access the best frequency to secure that signal. Let me reiterate—we are *always* connected; we just need to know how to *listen*. I recently went on the multi-day “Connecting with Guidance” journey in the Expand app, and I'm taking this opportunity to discuss how we can gently nudge our attention over to our guidance in simple and effective ways.

First, it's important to note something I learned back when I took **Exploration 27**. When meditating and moving through different Focus levels, it can help to imagine moving through them like scanning a radio dial to find the desired station. If you try, you can flow your attention from one state of awareness to another by gently shifting focus through various levels to see if you can reach your “guidance channel.” The more you experiment with the fluidity of awareness, the easier it is to shift into the most beneficial state at any given moment.

Now, if you're going to tune in to your guidance, think about first cleansing yourself by consciously releasing anything which no longer serves you. You can ground, then breathe out all the things you may be holding that block your progress. The freer and more relieved of stressors you are, the easier it is to notice everything happening. Next, it's important to note that you can connect with guidance in many Focus levels, so pay attention to where you find the most comfortable connection. Knowing yourself and how you perceive various states is key. Once you've found the ideal state in which to make this connection, you can set a meeting point where you always go to perceive the

information your guidance provides. This should be a non-physical place you can visit in meditation that allows you to feel the most comfortable and therefore the most open. Learning to connect with your iThere and finding facets of your counsel are also great ways to get to know your fullest guidance on the deepest level. This comes with taking Exploration 27 and Starlines and other more advanced programs at the Monroe Institute. However, if you're newer to the world of audio-guided meditation, try starting with the "Connecting with Guidance" exercise in the **Expand app**.

It's also extremely important to trust yourself. Connecting with your guidance can become simple and effortless the more you do it. I encourage you to learn how to tune in to the Focus levels that make you feel the most comfortable. Learn how with practice. And most importantly, don't second guess yourself. If you're receiving information, whether it be through visualization, some form of auditory response, or by just knowing, allow whatever happens to happen and take in everything. Don't let yourself reject your instincts in disbelief. By sweeping away doubts and allowing yourself to embrace whatever journey comes to you, you can learn to successfully connect with your counsel at any time. The more you trust yourself in your practice, the more you will learn to trust your reception—which becomes clearer with time.

And if you're looking to learn more about finding guidance in your meditation journey, be sure to check out the many exercises on this theme that are available with the Expand app.